

Critical Days of Summer Safety Campaign 2020

Week 14 of 16



Back to School Safety

Summer vacation is drawing to a close and children are heading back to school. Use these tips to keep them safe!

Walking to School

- Leave early enough to arrive at school at least 10 minutes prior to the start of school.
- Use the same route every day and never use shortcuts. Go straight home after school. Do not go anywhere else without permission.
- Always use public sidewalks and streets when walking to school. Try and walk to school with other students.
- Teach your children to recognize and obey traffic signals, signs, and pavement markings.
- Only cross streets at designated crosswalks, street corners and traffic controlled intersections. Always walk and never run across intersections.
- Always look both ways before crossing the street and never enter streets from between obstacles like parked cars, shrubbery, signs, etc.
- If a stranger does approach your child, make sure they know to immediately report the incident to you or a teacher.
- Teach your children to never get into a vehicle with anyone, even if they know them, without your permission.



Riding a Bike or Bus to School

- Make sure your child always wears a bicycle helmet! In the event of an accident, helmets reduce head injuries by as much as 85 percent.
- Obey the rules of the road; the rules are the same for all vehicles, including bicycles. Children under 13 may ride on the sidewalk. Be sure your child know and uses all of the appropriate hand signals.
- Choose the safest route between home and school and practice it with children until they can demonstrate traffic safety awareness.
- Make sure your child stays out of the street and avoids horseplay while waiting for the bus. Be sure the bus comes to a complete stop before getting on or off.
- When riding the bus, make sure your child understands they must remain seated and keep their head and arms inside the bus at all times. Do not shout or distract the driver.
- Do not walk in the driver's "blind spot" — this is the area from the front of the bus to about 10 feet in front of the bus.



Kids and Backpacks

- Make sure your child's backpack weighs no more than 10 percent of his or her body weight. A heavier backpack will cause your child to stoop forward in an attempt to support the additional weight.
- The backpack should never hang more than 4 inches below the waistline. A backpack that hangs too low increases the weight on the shoulders, causing your child to lean forward when walking.
- A backpack with individualized compartments helps position the contents most effectively. Make sure that pointy or bulky objects are packed away from the area that will rest on your child's back. Try to place the heaviest items closest to the body.
- Bigger is not necessarily better. The more room there is in the backpack, the more your child will carry and the heavier the backpack will be.
- Urge your child to wear both shoulder straps. Lugging the backpack around by one strap can cause a disproportionate shift of weight to one side, leading to neck and muscle spasms, as well as low-back pain.
- If you decide on a wheeled backpack, it is important that the handle extends long enough so that the child does not have to bend and twist to use it. The wheels should be large enough to keep the pack balanced when pulling it.



WARNING!!!

New traffic speed enforcement devices have been emplaced on Powhatan Dr. warning of a 30 kph speed reduction zone during school hours. These speeds will be strictly enforced!

If Something Happens

- Keeping children safe is the top priority, especially for younger children and those heading to school for the first time.
- Make sure your child knows their phone number, address, how to get in touch with their parents at work, how to get in touch with another trusted adult and how to dial 119/911.
- If your child has a cellphone, make sure you program the base emergency phone number and teach them to use it instead of dialing 119/911, as this could cause a delay in response time.
- Have a trusted adult that the child can go to if you have an emergency and can't be home when your child arrives home after school.



Questions? Contact the MCAS Iwakuni Station Safety Center.